



RACHEL HERMAN, LCPC  
TELETHERAPY: ILLINOIS  
IN-PERSON: CHICAGO – RAVENSWOOD

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Rachel Herman is a Licensed Clinical Professional Counselor and a graduate of The Family Institute at Northwestern University. Rachel has clinical experience working with children, adults and adolescents in a variety of settings including residential, foster care, and private practice. While Rachel was trained psychodynamically, she has learned to incorporate a variety of approaches including CBT, play therapy, and motivational interviewing.

Rachel has experience and interest in working with Post Traumatic Stress Disorder, Anxiety, Depression, Self-Esteem issues, Relationships, Communication, and the development of Social Skills. Rachel believes that therapy is a partnership between client and therapist, and she would like to guide and empower clients towards accomplishing their own individualized goals. Rachel's therapeutic style is warm and empathetic, and she strives to promote change from within the therapeutic relationship.

#### AREAS OF INTEREST

Anger Management, Anxiety/Social Anxiety, Attachment Issues, Child/Adolescent, Cultural/Multicultural Issues, Depression, Guilt/Shame, Identity/Self-Esteem, LGBTQ+, Marriage/Relationships, Mood Disorders, Neglect, Post-Traumatic Stress Disorder (PTSD), Stress, Trauma